

2001 California Dietary Practices Survey

Table 81: Weight Status (by BMI) and mean BMI

Question: How tall are you without shoes? How much do you weigh?

	Percent ²			Mean BMI ¹
	Not overweight	Overweight	Obese	
Total	51	32	16	25.6
<i>Sex</i>				
Males	43	39	18	26.4
Females	59	26	15	24.9
<i>Males</i>				
18 - 24	59	29	12	24.6 ^a
25 - 34	40	41	20	27 ^{bc}
35 - 50	42	43	15	26.2 ^{abc}
51 - 64	27	44	29	28.3 ^c
65+	52	33	14	25.4 ^{ab}
<i>Females</i>				
18 - 24	78	16	6	22.9 ^a
25 - 34	64	22	14	24.1 ^{ab}
35 - 50	53	30	16	25.7 ^{ab}
51 - 64	48	28	24	26.7 ^b
65+	57	28	14	24.9 ^{ab}
<i>Ethnicity</i>				
White	54	31	15	25.3 ^a
Hispanic	42	37	20	26.8 ^a
Black	44	33	23	26.3 ^a
Asian/ Pacific Islander	62	34	5	24.1 ^a
<i>Education</i>				
Less than high school	41	39	20	26.7
High school graduate	53	28	20	25.8
Some college	49	34	17	25.6
College graduate	55	33	12	25.3
<i>Income</i>				
Less than \$15,000	53	29	18	25.2 ^a
\$15,000 - 24,999	52	32	16	25.1 ^a
\$25,000 - 34,999	44	37	20	27.2 ^a
\$35,000 - 49,999	46	35	19	27.0 ^a
\$50,000+	53	33	14	25.3 ^a
<i>Physically Active</i>				
Did not meet recommendations	47	32	21	26.1
Met recommendations	56	33	11	25.0

¹ A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA). Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate = .05).

² A box around a group of numbers signifies that differences observed within this group are statistically significant.

ANOVA and Chi Square Test:

* p<.05

** p<.01

*** p<.001

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Table 82: Opinion of Weight Status

Question: Do you consider yourself to be overweight, underweight, or about average for your height?

Percent Agreeing			
	Overweight	Underweight	About Average
Total	44	6	50
Sex			
Males	38	8	54
Females	50	4	46
Males			
18 - 24	19	13	68
25 - 34	33	9	58
35 - 50	39	6	55
51 - 64	56	4	40
65+	45	8	47
Females			
18 - 24	33	5	61
25 - 34	42	7	51
35 - 50	60	3	37
51 - 64	60	4	36
65+	48	5	47
Ethnicity			
White	45	6	50
Hispanic	46	7	48
Black	47	7	46
Asian/ Pacific Islander	31	8	61
Education			
Less than high school	48	7	45
High school graduate	41	6	52
Some college	47	5	48
College graduate	42	6	52
Income			
Less than \$15,000	45	6	49
\$15,000 - 24,999	44	7	49
\$25,000 - 34,999	53	4	43
\$35,000 - 49,999	38	11	51
\$50,000+	45	4	51
Physically Active			
Did not meet recommendations	48	6	47
Met recommendations	40	7	54
Overweight Status			
Overweight/Obese	71	1	29
Not overweight	18	11	71

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test:

* p<.05

** p<.01

*** p<.001

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CrossTab 83: Actual Weight Status by Opinion of Weight Status

Question: *How tall are you without shoes? How much do you weigh?*

Do you consider yourself to be overweight, underweight, or about average for your height?

Think Weight	Weight Status, Percent			
	Not Overweight	Overweight	Obese	
Underweight	95	4	1	***
About Average	72	23	5	
Overweight	21	47	32	

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test:

*** p<.001

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Table 84: Percent Trying to Lose Weight and Method Used

Question: Do you consider yourself to be overweight, underweight, or about average for your height? Are you presently trying to lose weight? What have you done to lose weight?

	Percent Trying to Lose Weight ¹	Method, Percent ²	
		Dieting	Exercising
Total	72	48	35
<i>Sex</i>			
Males	71	44	42 *
Females	73	51	30
<i>Males</i>			
18 - 24	73	33	52
25 - 34	68	51	39
35 - 50	64	37	44
51 - 64	85	38	46
65+	68	69	26
<i>Females</i>			
18 - 24	73	33	49 *
25 - 34	71	40	33
35 - 50	77	58	31
51 - 64	72	48	25
65+	71	59	21
<i>Ethnicity</i>			
White	73	48	34
Hispanic	70	44	40
Black	63	57	34
Asian/ Pacific Islander	87	52	32
<i>Education</i>			
Less than high school	60 *	58	29
High school graduate	75	47	39
Some college	73	50	35
College graduate	74	48	32
<i>Income</i>			
Less than \$15,000	69	56	31
\$15,000 - 24,999	71	47	35
\$25,000 - 34,999	79	38	47
\$35,000 - 49,999	73	53	26
\$50,000+	75	44	37
<i>Physically Active</i>			
Did not meet recommendations	69 *	54	28 ***
Met recommendations	77	40	44

¹ Out of those who consider themselves overweight

² Out of those who consider themselves overweight and are trying to lose weight

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test:

* p<.05

*** p<.001

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Table 85: Percent Who Lost Weight and Maintained Weight Loss

Question: Do you consider yourself to be overweight, underweight, or about average for your height?

Have you ever lost weight and kept it off for one year?

What did you do to lose weight and maintain your weight loss?

	Percent Who Lost and Maintained ¹	Method, Percent ²			
		Dieting	Exercising	Both Dieting / Exercising	Neither Dieting or Exercising
Total	45	25	25	21	30
<i>Sex</i>					
Males	37 ***	30	27	15	28 *
Females	53	21	23	26	31
<i>Males</i>					
18 - 24	29	31	43	8	18
25 - 34	36	24	29	18	29
35 - 50	38	20	25	20	36
51 - 64	37	42	17	25	16
65+	51	49	19		32
<i>Females</i>					
18 - 24	47	11	45	26	18 *
25 - 34	50	18	28	28	26
35 - 50	63	15	18	35	33
51 - 64	63	28	13	13	45
65+	44	39	16	20	24
<i>Ethnicity</i>					
White	49 **	25	24	22	29
Hispanic	38	23	25	22	29
Black	32	18	42	9	31
Asian/ Pacific Islander	30	19	26	12	43
<i>Education</i>					
Less than high school	23 ***	20	27	6	47
High school graduate	44	26	29	15	30
Some college	53	23	19	24	34
College graduate	47	26	28	26	21
<i>Income</i>					
Less than \$15,000	43	22	28	16	35
\$15,000 - 24,999	46	24	31	15	30
\$25,000 - 34,999	42	24	35	14	28
\$35,000 - 49,999	44	30	25	20	25
\$50,000+	51	23	19	30	28
<i>Physically Active</i>					
Did not meet recommendations	41 *	25	23	18	35
Met recommendations	49	25	26	24	25
<i>Overweight Status</i>					
Overweight/Obese	47	20	39	14	27 **
Not overweight	45	27	19	24	30

¹ Out of those who consider themselves about average in Weight

² Out of those who consider themselves about average and maintained weight loss

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test:

* p<.05

** p<.01

*** p<.001